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Telephone Support: Technical Support is also available from 8am to 5pm PST by calling us at (650) 628-1001. No hints or codes are available from (650) 628-1001.

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9001 N I-35 Suite 110
Austin, TX 78753

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EA SPORTS Active More Workouts
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Wii™

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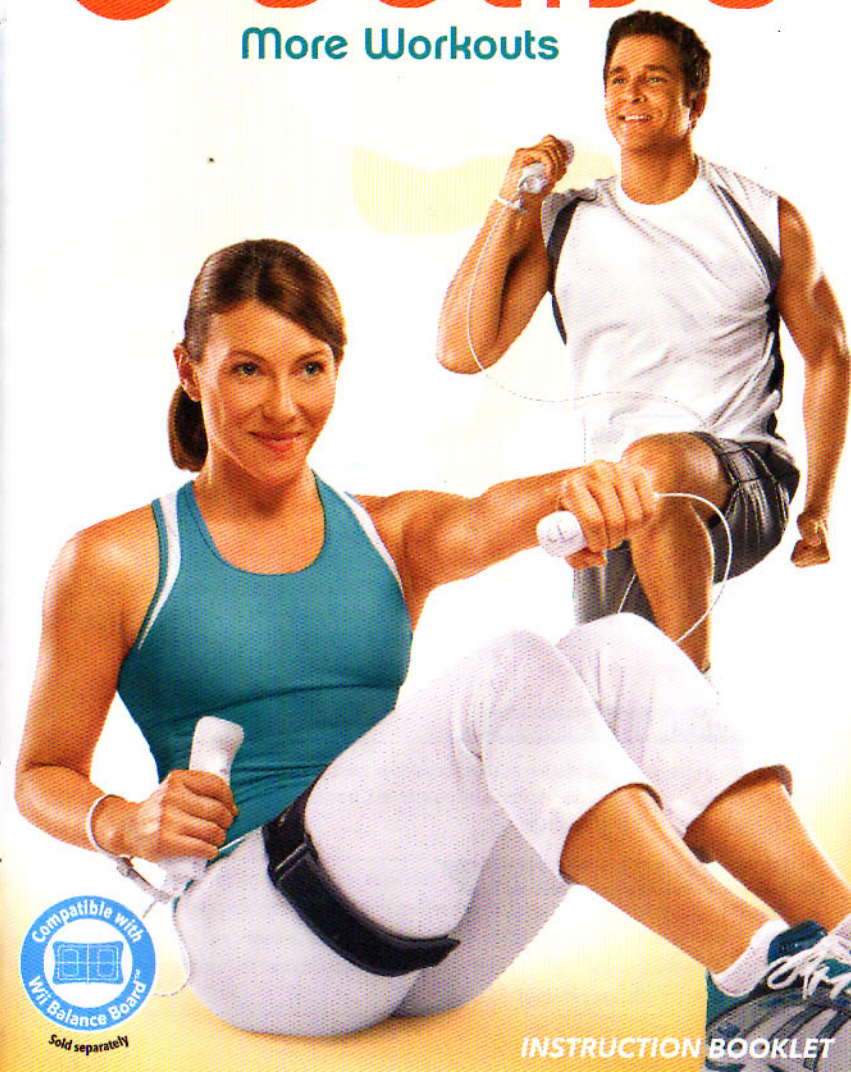
More Workouts



INSTRUCTION BOOKLET

PLEASE CAREFULLY READ THE Wii™ OPERATIONS MANUAL COMPLETELY BEFORE USING YOUR Wii HARDWARE SYSTEM, GAME DISC OR ACCESSORY. THIS MANUAL CONTAINS IMPORTANT HEALTH AND SAFETY INFORMATION.

IMPORTANT SAFETY INFORMATION: READ THE FOLLOWING WARNINGS BEFORE YOU OR YOUR CHILD PLAY VIDEO GAMES.

⚠ WARNING - Seizures

- Some people (about 1 in 4000) may have seizures or blackouts triggered by light flashes or patterns, and this may occur while they are watching TV or playing video games, even if they have never had a seizure before.
- Anyone who has had a seizure, loss of awareness, or other symptom linked to an epileptic condition, should consult a doctor before playing a video game.
- Parents should watch their children play video games. Stop playing and consult a doctor if you or your child has any of the following symptoms:

Convulsions	Eye or muscle twitching	Altered vision
Loss of awareness	Involuntary movements	Disorientation

- To reduce the likelihood of a seizure when playing video games:
  1. Sit or stand as far from the screen as possible.
  2. Play video games on the smallest available television screen.
  3. Do not play if you are tired or need sleep.
  4. Play in a well-lit room.
  5. Take a 10 to 15 minute break every hour.

⚠ WARNING - Repetitive Motion Injuries and Eyestrain

Playing video games can make your muscles, joints, skin or eyes hurt. Follow these instructions to avoid problems such as tendonitis, carpal tunnel syndrome, skin irritation or eyestrain:

- Avoid excessive play. Parents should monitor their children for appropriate play.
- Take a 10 to 15 minute break every hour, even if you don't think you need it.
- If your hands, wrists, arms or eyes become tired or sore while playing or if you feel symptoms such as tingling, numbness, burning or stiffness, stop and rest for several hours before playing again.
- If you continue to have any of the above symptoms or other discomfort during or after play, stop playing and see a doctor.

⚠ CAUTION - Motion Sickness

Playing video games can cause motion sickness in some players. If you or your child feels dizzy or nauseous when playing video games, stop playing and rest. Do not drive or engage in other demanding activity until you feel better.

IMPORTANT LEGAL INFORMATION This Nintendo game is not designed for use with any unauthorized device. Use of any such device will invalidate your Nintendo product warranty. Copying of any Nintendo game is illegal and is strictly prohibited by domestic and international intellectual property laws. "Back-up" or "archival" copies are not authorized and are not necessary to protect your software. Violators will be prosecuted.

REV-I

The Official Seal is your assurance that this product is licensed or manufactured by Nintendo. Always look for this seal when buying video game systems, accessories, games and related products.

DOLBY PRO LOGIC II

Manufactured under license from Dolby Laboratories. Dolby, Pro Logic, and the double-D symbol are trademarks of Dolby Laboratories.

This game is presented in Dolby Pro Logic II. To play games that carry the Dolby Pro Logic II logo in surround sound, you will need a Dolby Pro Logic II, Dolby Pro Logic or Dolby Pro Logic IIx receiver. These receivers are sold separately.

EVERYONE E CONTENT RATED BY ESRB

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⚠ CAUTION: WRIST STRAP USE

Please use the wrist strap to help prevent injury to other people or damage to surrounding objects or the Wii Remote in case you accidentally let go of the Wii Remote during game play.

Also remember the following:

- *Make sure all players put on the wrist strap properly when it is their turn.*
- *Do not let go of the Wii Remote during game play.*
- *Dry your hands if they become moist.*
- *Allow adequate room around you during game play and make sure that all areas you might move into are clear of other people and objects.*
- *Stay at least three feet from the television.*
- *Use the Wii Remote Jacket.*

SYSTEM MENU UPDATE

Please note that when first loading the Game Disc into the Wii console, the Wii will check if you have the latest system menu, and if necessary a Wii system update screen will appear. Press OK to proceed.

⚠WARNING - Injury Due to Pre-existing Conditions

Gameplay with the Wii Balance Board may require varying amounts of physical activity. Consult a doctor before using the Wii Balance Board if:

- you are or may be pregnant,
- you have heart, respiratory, back, joint or other orthopedic conditions,
- you have high blood pressure,
- you have difficulty with physical exercise, or
- you have been instructed to restrict physical activity.

While using the Wii Balance Board, if you experience excessive fatigue, shortness of breath, chest tightness, dizziness, discomfort or pain, STOP USE IMMEDIATELY and consult a doctor.

HEALTH AND SAFETY INFORMATION

To prevent injury and/or to prevent damage to the Wii Balance Board or surrounding objects, follow these guidelines during gameplay:

- Be aware of your balance so that you do not slip or fall from the board. Avoid more movement than is needed to operate the game you are playing.
- Do not wear shoes or socks while using the board. Playing barefoot should reduce the risk of slipping or falling. If your feet become damp during gameplay, stop and dry your feet and the board before continuing.
- No more than one person should use the board at a time.
- Make sure you have adequate space between you and any other objects or people during gameplay. Nintendo recommends at least 3 feet (1 meter).
- Avoid stepping or standing on the edges of the board.
- Always place the board on a flat, horizontal and stable surface. Do not use the board on slippery surfaces. If using on thick carpet, use the Wii Balance Board foot extensions included with the Wii Balance Board.
- Do not use the Wii Balance Board if you are under the influence of alcohol or any other substance which could affect your sense of balance or perception and cause you to slip or fall.

IMPORTANT PRECAUTIONS WHEN USED BY CHILDREN:

An adult must explain all Health and Safety Information and usage guidelines and instructions to all children who are going to use the Wii Balance Board. Failure to do so may result in injuries or damage to the system or other property. Observe children during gameplay for proper and safe use of the board.

An adult should assist young children when first playing to make sure they understand correct use.

⚠WARNING

Participating in this video game involves movements and exertion that may be challenging for you depending on your fitness level. Use caution to avoid the possibility of serious injury or death. Read all warnings and instructions prior to use.

Consult your physician before starting any new exercise routine.

The level of routines provided is based only on an approximation of your current level of fitness, and the game does not monitor your condition during your workouts. You are responsible for exercising within your limits and seeking medical attention and advice as appropriate.

Warm up and cool down correctly before and after any exercise. Pay attention to how you are feeling and do not over-exert yourself. Stop exercising immediately and consult your physician if you feel sick, dizzy, or light-headed, or if you feel pain or any unusual discomfort.

Inspect all accessories (such as the Resistance Band and Leg Strap) before use and do not use if they appear damaged. Supervise use by children.

COMPLETE CONTROLS

In order to work out with *EA SPORTS Active™ More Workouts*, a Wii Remote and Nunchuk are required.

GENERAL GAMEPLAY

Select menu item	**A** Button

EXERCISE GAMEPLAY

Pause menu	**+** Button
Open/Close Jukebox	**1** Button (hold)
Skip current stretch	**2** Button (hold)
Open/Close Show Me How	**-** Button (hold)

INTRO TO *EA SPORTS ACTIVE™ MORE WORKOUTS*

Welcome to *EA SPORTS Active More Workouts*!

Our goal is to create a workout plan for you composed of fun, easy-to-learn exercises that you can do on your own or with your family and friends. *EA SPORTS Active More Workouts* has collaborated with top fitness professionals to give you the experience of having your own personal trainer right in your living room. Our plan for you is effective, has lots of variety, and includes many interactive tools to track your progress while you're working out and having fun. There are many different fun activities to do and plenty of fun trophies for you to earn along the way. Congratulations on taking this important step towards enjoying an overall healthier lifestyle!

WORKING OUT

FITNESS PROFILES

Before jumping into your workout and establishing a daily routine, it's recommended that you create a Fitness Profile. A Fitness Profile is needed to participate in the 6 Week Challenge and to track your personal fitness progress in your Journal. When creating a Fitness Profile, you are asked to enter your name, gender, age, height, and weight. Weight helps calculate your projected calorie burn, so please be accurate. You can also use a Wii Balance Board (not included) during the Fitness Profile creation process to accurately take your weight.

Once a Fitness Profile is created, you can customize your appearance. This is how you'll see yourself appear on screen while you are working out. If you prefer to jump straight into a workout without creating a Fitness Profile, you can do that as well. Select GUEST PASS to go to the main menu and access the available workouts right away. You will not be able to begin the 6 Week Challenge or use the journal without creating a Fitness Profile.

Please ensure the Wii System Clock is accurately set when using the Journal and 6 Week Challenge. Both features rely on the system's date and time settings of the Wii System Clock to track your progress. You are reminded to update your Wii System Clock and ensure its accuracy when first starting up *EA SPORTS Active More Workouts*.

IMPORTING YOUR FITNESS PROFILE FROM *EA SPORTS ACTIVE PERSONAL TRAINER*

You can bring over some of your personal information and fitness stats from your existing Fitness Profile in *EA SPORTS Active Personal Trainer*. If you start up *EA SPORTS Active More Workouts* and existing *EA SPORTS Active Personal Trainer* info is detected, you'll be asked to import it. Select YES and select the Fitness Profile of your choice and the information will be imported. Things like Weight, Height, Name and your Age will be brought over. You'll also be able to check out some stats like Calories Burned and workouts completed in the My Stats screen.

After you import your profile you'll be asked to finish creating your new character based on some existing information from your *EA SPORTS Active Personal Trainer* Fitness Profile. After this is done you can check out what you brought over in the My Stats screen and the monthly calendar which is located in the Journal and 6 Week Challenge. Here, you can see days you've worked out in, in *EA SPORTS Active Personal Trainer* which is denoted by an orange border around the day it happened.

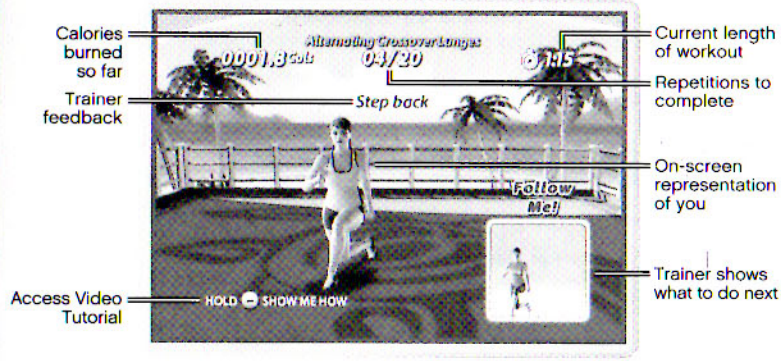
After an initial import, if you play more *EA SPORTS Active Personal Trainer* you can bring in that updated information. To do so, enter the My Stats screen for your *EA SPORTS Active More Workouts* Fitness Profile, and select the IMPORT FITNESS PROFILE button. Updated information such as calorie burn and survey results will be brought over to *EA SPORTS Active More Workouts*. Make sure to select the right Fitness Profile or you'll bring over the wrong information!

EA SPORTS active www.EASPORTSACTIVE.com

MY STATS

WORKOUT SCREEN

While working out on the different types of exercises, some information is provided on the screen. Below is an example of what to look out for during a workout.



THE WORKOUT EQUIPMENT

EA SPORTS Active More Workouts works with several different accessories that are specifically designed to enhance your workouts. The Wii Balance Board, the Resistance Band, The Leg Strap, and Adjustment Strip are not included with *EA SPORTS Active More Workouts*.

RESISTANCE BAND (NOT INCLUDED)

The Resistance Band is your primary workout accessory for upper body exercises like double biceps curls, double shoulder presses, and more.

LEG STRAP (NOT INCLUDED)

The Leg Strap is your primary workout accessory for lower body exercises like squats, lunges, and more.

ADJUSTMENT STRIP (NOT INCLUDED)

If you find that the Leg Strap is too long, the Adjustment Strip can be used to shorten the length to fit your leg comfortably.

Wii BALANCE BOARD (NOT INCLUDED)

The Wii Balance Board enhances several of the Fitness Activities like Step Aerobics and Water Skiing. When you start the 6 Week Challenge, you have the option to choose to use the Wii Balance Board by selecting ON via the Settings option on the 6 Week Challenge Calendar screen. If you select ON, then your 6 Week Challenge workouts are modified to include specific exercises that take advantage of the Wii Balance Board.

Other workouts in the Preset & Custom Workouts menu can be enhanced by the Wii Balance Board as well. If your Workout Settings for the Wii Balance Board are set to ON, certain fitness activities appear with a unique green icon and description to indicate that they are Wii Balance Board enhanced. You are then able to build custom workouts using Wii Balance Board enhanced exercises and some of the preset workouts also become Wii Balance Board enhanced.

NOTE: To access the Workout Settings menu, go to the Help & Settings screen and select SETTINGS, then select WORKOUT SETTINGS.

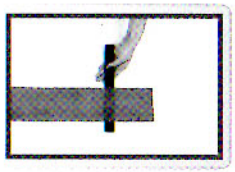
ASSEMBLING THE WORKOUT EQUIPMENT

Follow the steps below to incorporate the accessories into your workouts.

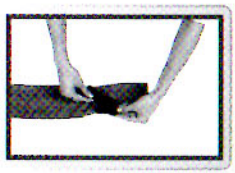
RESISTANCE BAND (ASSEMBLY)

The Resistance Band kit includes one red Resistance Band and two black straps.

1. Lay the red Resistance Band out flat on a table or other smooth surface.



2. Place one end of the flattened red band on top of a black strap. The big loop of the black strap should be facing you. The black strap should be 2-3 inches from the end of the Resistance Band.



3. Take the big loop of the black strap and fold it over the red Resistance Band.

4. Then pull the big loop through the smaller loop of the black strap.

5. Continue to pull the big loop of the black strap through the little loop and tighten. Make sure the knot is secure.

6. Repeat steps 1-4 on the other end of the band.

To properly use the Resistance Band, follow the steps below:

1. Lay the middle of the red band flat on the ground. Place your feet in the middle of the band and firmly grasp the black handles at each end of the band.

2. Raise your arms to test if there is enough resistance.

3. If there isn't, step off the band, fold some of the middle of the band over itself and step back on.

4. Once the desired resistance is established, you are on your way to an effective upper body workout.

LEG STRAP

The Leg Strap kit includes the Leg Strap and the Adjustment Strip.

1. Place the Leg Strap around your right leg. Position the Leg Strap so that the pouch is facing forwards with the opening of the pouch facing up.

NOTE: The Leg Strap must be positioned high enough on your thigh to prevent it from sliding off. If it's too low, it will interfere with bending your knee. If it's too high, it will interfere with your hip. Find the best position to ensure optimal performance.

2. Bring the two ends together, and thread the "tab" end through the black plastic buckle. Make sure that the surfaces of both loop and hook fasteners face each other.

3. Pull the strap end so that the entire strap is snug. It must be snug enough to prevent the strap from slipping during exercises, but not uncomfortably tight.

4. Ensure that the pouch for the Nunchuk is still facing forward to allow easy insertion and removal of the Nunchuk. Tighten the strap and use the Velcro to secure the strap.

5. Once you are wearing the strap, do a final check to ensure that the pouch is positioned correctly. While standing and wearing the strap, bend at your knees and go into a squat position. Once your legs are at a 90 degree angle, the pouch should be sitting on top of your thigh.

6. The strap may need to be periodically tightened if it slips due to extreme movement.

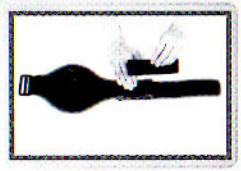
TIPS:

- The Leg Strap performs best when worn over form fitting pants or shorts. Loose, slick surface, or baggy clothes may cause the band to slip.
- Try to ensure that the Leg Strap is worn over pants/shorts without excess clothing material bunched up above the band. This causes slack in the clothing and the band may slip. Re-adjust the position of the band if required.
- Make sure the Leg Strap is positioned correctly—it should be worn with the pouch facing forward. The pouch being positioned inside or outside of the thigh may affect the ability to detect your leg movement.
- When inserting the Nunchuk into the pouch, ensure that it is positioned with the cord coming out of the top of the pouch, and that the Control Stick points to the right. If the Leg Strap feels uncomfortable, loosen or remove the band and take a rest if needed. You do not want the Leg Strap to be excessively tight reducing circulation.

ADJUSTMENT STRIP

1. Lay the Leg Strap down on a flat surface with the pouch facing upwards.

2. Fold a portion of the strap over itself, shortening the overall length.



3. Take the Adjustment Strip and press the adhesive "hook surface" end down firmly on the Leg Strap so it overlaps the fold.

4. Now test the Leg Strap on your thigh to ensure that it fits securely and comfortably. If necessary, readjust the fold and Adjustment Strip to accommodate your leg size.

THE JOURNAL

The Journal tracks your workout progress and rewards you with a daily medal for practicing a healthy lifestyle. Each day that you use the Journal, you are awarded with a gold, silver, or bronze medal. The medal is awarded based on how you do in your workouts, your responses in the daily Lifestyle & Nutrition survey, and how active you've been outside of *EA SPORTS Active More Workouts*.

JOURNAL DAILY MAIN PAGE

The Main Page shows you your daily checklist, your medal achieved for that day, and allows you to access your Weekly Fitness Tracker, Fitness Profile, and Calendar.

WEEKLY FITNESS TRACKER

New to *EA SPORTS Active More Workouts* is the Weekly Fitness Tracker feature which tracks key fitness statistics from your 6 Week Challenge workouts and your Preset & Custom workouts. Important information such as calories burned and your total exercise time are dynamically tracked with every exercise and fitness activity that you perform in *EA SPORTS Active More Workouts*. The data in the Weekly Fitness Tracker can be viewed at anytime for the current week in progress as well as previous workout weeks. At the beginning of each week, the Weekly Fitness Tracker will prompt you for an update on your current Weight. The information for your weight can be entered manually or the Wii Balance Board can be used to automatically acquire and update your weight.

DAILY MEDAL

You will earn a gold, silver, or bronze medal each day that you use *EA SPORTS Active More Workouts*, depending on how you fill out your daily checklist. The daily checklist tracks your workout performance for that day, your responses in the daily Lifestyle & Nutrition Survey, and how you've rated yourself for doing the Other Activity Survey. You won't receive a medal if none of the items on your checklist are completed for that day. At the bottom of the screen, you are informed of how much time remains in the day to complete your workout. Surveys can always be filled in later.

EA SPORTS ACTIVE WORKOUTS

This item on your checklist allows you to choose a workout to complete. You may choose either a day out of your 6 Week Challenge or any other workout in *EA SPORTS Active More Workouts*—be it preset or custom—to earn a checkmark on your checklist for doing a workout for that day.

Recommended rest days are also periodically available. On those days, you don't need to worry about completing a workout to get a gold medal for that day. You can choose to workout if you wish, but it isn't required.

LIFESTYLE & NUTRITION SURVEY

On a daily basis, you will be asked 10 questions about how well you are taking care of yourself when you're not working out with *EA SPORTS Active More Workouts*. How many glasses of water did you have yesterday? How many servings of vegetables did you have yesterday? *EA SPORTS Active More Workouts* graphs results based on your responses over time and indicates how you should be performing in each area with trainer feedback.

OTHER ACTIVITY SURVEY

Similar to Lifestyle & Nutrition Survey, you will be asked to choose from a list of which activities you've done in the past 24 hours. You must indicate how long you spent doing each activity as well as its corresponding intensity level. You will receive graphed results so you can see your performance over time.

FITNESS PROFILE

From the Journal, the Fitness Profile menu allows you to edit your personal stats and appearance, view your trophies and your goals, and delete your current profile. Alternatively, if you choose FITNESS PROFILE from the main menu you can switch between Fitness Profiles. You can create up to five Fitness Profiles. When creating your Fitness Profile, make sure to be as accurate as possible with your weight. That way, *EA SPORTS Active More Workouts* can accurately project how many calories you're going to burn over the course of a workout.

JOURNAL CALENDAR

The Journal's Monthly Calendar shows you which scheduled workouts you've completed or missed.

6 WEEK CHALLENGE

The 6 Week Challenge is a personalized total body fitness plan that continues your journey to better health. It is designed to motivate you with workouts created from a variety of fun exercises and fitness activities. The 6 Week Challenge has four workout themes during the week that work your upper and lower body, abs and cardio system. By grouping the workouts into different themes, you will avoid overworking any one muscle group while gaining the benefits of muscle fitness, cardio fitness, and fun!

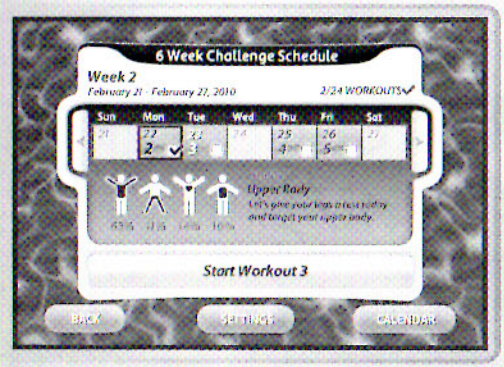
The 6 Week Challenge is designed to offer a continuation of the 30 Day Challenge experience for *EA SPORTS Active Personal Trainer* veterans. All of the exercises and fitness activities are new, each providing a balance of fitness and fun. If you are new to fitness and the thought of a 6 Week Challenge sounds like it is too much, don't worry. As you progress through the 6 Week Challenge, the intensity of the workouts from week to week gradually increases at a pace that will be comfortable for you. Each workout is different and offers new variety each day as you progress through the 6 Week Challenge. We recommend you work out four times per week with the other three days being rest days. Working out puts stress on your body and adequate rest allows you to recover and get stronger. If you have finished the 6 Week Challenge once, try it again on a higher intensity level to achieve new fitness goals!

SELECT LEVEL OF INTENSITY AND WORKOUT SCHEDULE

The first time you go into the 6 Week Challenge you will be prompted to choose an intensity level and create your workout schedule. There are three levels of intensity to choose from and your selection should be based on your current level of fitness participation. For the workout schedule, you will be required to select four workout days and three rest days. Take your best guess at which four days during the week will be the best for you to work out. If you are not sure what are the right settings for you, that's okay because you can change these later in the Settings screen.

NOTE: To change your Intensity level, use of the Wii Balance Board, Workout Schedule or Restart the 6 Week Challenge, select the SETTINGS button at the bottom of the Weekly Calendar View to go to the 6 Week Challenge Settings screen.

WEEKLY CALENDAR VIEW



The Weekly Calendar View is the main screen for the 6 Week Challenge. You can see what days you'll have to work out, what days you can rest on, whether or not a day has been completed and which days are Wii Balance Board days. You are also given a summary of the workout theme and what to expect in your next workout. You will also see the breakdown of the workout by fitness category including upper body, lower body, cardio and abs. Select START WORKOUT to begin that day's workout or go back and play a previous day if you want. If you miss a workout it will carry forward to the next day. To view the clipboard that outlines the exercises, duration and targeted calories select any of the days colored yellow. Days colored in light grey are your rest days.

MONTHLY CALENDAR VIEW

Selecting CALENDAR from the Weekly Calendar View gives you an expanded view of your workout history and schedule in a monthly format, up to the Finish Day (6 weeks from your start date). If you go past the 6 week mark, you can keep playing up until the 90th day. At that point the 6 Week Challenge must be restarted. If you complete the 6 Week Challenge and start a new 6 Week Challenge, all of the information from your previous Challenge will be cleared from the Calendar. The monthly calendar will also show your custom or preset workouts, indicated by a blue dot, and your *EA SPORTS Active Personal Trainer* workouts, indicated by an orange highlight. Selecting the LEGEND button shows what all of the icons and color states mean.

Wii BALANCE BOARD DAYS

If you choose to play with the Wii Balance Board, certain workouts within the 6 Week Challenge are designated as Wii Balance Board days. These days are highlighted green on your weekly calendar.

GOALS

You can set three different goals, and they all can be tracked in any area as long as your Fitness Profile is active. You can reset or delete your goals at any time, and *EA SPORTS Active More Workouts* gives you feedback upon reaching them (or not). The goals are:

CALORIES Set how many calories you'd like to burn and the amount of time in which you'd like to burn them.

HOURS Set how many hours of working out you'd like to do in a set time period. For example, your goal might be to work out for five hours over a seven-day time period.

WORKOUTS Set how many different workout sessions you'd like to complete over a period of time. For example, your goal might be to work out three times during a five-day period.

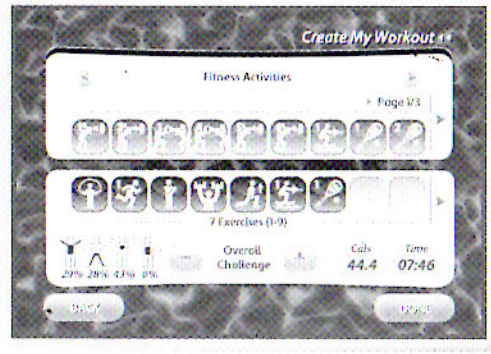
PRESET & CUSTOM WORKOUTS

Not looking to stick to a strict training regimen over an extended period of time? If so, create a Custom Workout and choose from a selection of preset workouts, or go with one of your own saved custom workouts. Start by choosing if you are working out alone or working out with a friend. If you are working out with a friend, your friend may choose his or her own Fitness Profile. Then select from a list of workouts, both preset and ones you have created!

PRESET WORKOUTS

Choose from a list of Preset Workouts that have been created by an expert fitness trainer. When choosing a Preset Workout, you can see how long the workout takes to complete as well as its general focus. Once one is selected, you are ready to begin your workout. You can also try any of the 6 Week Challenge Workout exercises at any of the varying levels of intensity.

MY CUSTOM WORKOUTS



Use the My Custom Workouts screen to create your own workouts, or to do a created workout!

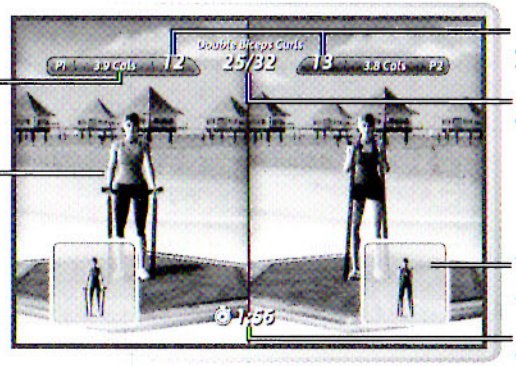
NOTE: If you want to use the Wii Balance Board, be sure to enable it. Hooking up the Wii Balance Board via the Wii Balance Board Check screen doesn't enable it.

To create a workout, follow these steps:

- Select CREATE YOUR FIRST WORKOUT from the My Custom Workouts tab of the Choose Workouts screen. The Preset & Custom Workouts screen is accessed via the main menu.
- From there, you can see several different types of exercises. Use the green arrows at the top of the screen to select a focus: Cardio Exercises, Fitness Activities, Ab, Warm Up and Cool Down Exercises, Lower Body Exercises, and Upper Body Exercises.
- To add an exercise to your timeline, press and hold the **A** Button over a desired workout, then drag and release it into the timeline. Alternatively, you can simply click on the exercise. To remove one from the timeline, select a workout in the list and press the **A** Button.
- To rearrange the timeline order, press and hold the **A** Button to select a workout and drag and drop it using the Wii Remote.
- You can change the difficulty level for an activity by hovering the pointer above the workout.
- You can also change the challenge level of the entire timeline using the controls on the bottom center of the screen.
- Along the bottom of the screen, you receive feedback on the workout you are designing, such as how much focus is on cardio, upper and lower body, how many calories the workout burns, and how much time it takes to complete. When you are finished, select DONE and name your workout.
- To edit an existing workout, select CUSTOM WORKOUTS on the Choose Workouts screen. You are presented with a list of your created workouts. Select the PENCIL icon to the right of the bar to edit the workout. To delete an existing workout, select the X on the bar.

TIP: If you click the bar, but not one of the icons, you are taken to the workout rather than the editing screen.

WORKING OUT WITH A FRIEND


Players contribution to team goal
Calories burned so far
Both players' common goal
On-screen representation of you
Trainer shows what to do next
Length of workout

You can jump into all exercises with up to one other friend. To do so, go to the Preset & Custom Workout screen via the main menu, and select WORKOUT WITH A FRIEND. Once the settings have been adjusted, you and your friend then workout together and strive for a similar goal. Your trainer appears in the picture in picture window to tell you what to do while you exercise.

NOTE: The Wii Balance Board is not supported in multiplayer.

NOTE: A second Leg Strap and/or Resistance Band (both sold separately) may be needed for some exercises when working out with a friend.

DOING A WORKOUT

TODAY'S EXERCISES

Before the start of your workout, you are shown a preview of the day's upcoming exercises. From here, you can turn off any exercise that you can't or don't want to perform. Once you're ready, it's time to workout.

PROJECTED PERFORMANCE

Before you jump into your workout, an on-screen graph shows how many calories you are projected to burn over the course of your workout. At the end of the workout, you can see how many calories you burned versus how many were projected.

PRE-EXERCISE TIPS

Now you're ready to work out! From here, you can choose to watch tutorial video instructions for each challenge to ensure that you are achieving maximum results, or you can jump right into the exercise. The first time you jump into an exercise, you are shown a tutorial video. A progress bar on-screen details how far into your workout you are.

EXERCISING

While exercising, you can see an on-screen portrayal of your likeness that you created when making your Fitness Profile. If you used a Guest Pass, a guest version is shown instead. Whatever you do in your workouts will be reflected by your on-screen character. Whenever you do something wrong, your trainer provides feedback and lets you know how to adjust. Once you've completed an exercise correctly, you can move onto the next exercise.

NOTE: Press the + Button at any time during a workout to access the pause menu. From there, you can choose from numerous options like Audio Settings, Start This Exercise Over, and Quit.

TYPES OF EXERCISES

There are five exercise categories in *EA SPORTS Active More Workouts.*

CARDIO	These exercises focus on increasing your cardio ability such as stride jumps and trail running. These exercises require you to insert the Nunchuk in the Leg Strap.
FITNESS ACTIVITIES	These are unique exercises that are themed after specific sports like squash and tropical island activities like paddle surfing.
AB, WARM UP AND COOL DOWN	Included are ab exercises such as crunch and punches and reverse crunches as well as the warm up and cool down stations.
LOWER BODY	These exercises engage your legs, such as alternating cross over lunges and squats with bands.
UPPER BODY	These exercises work your upper body, like push ups and single arm lateral raises. The Resistance Band is used for many of these exercises.

POST-WORKOUT RESULTS

After a workout, you are provided with post-workout results. You are given your overall stats such as workout time, calories burned, and number of exercises completed in the workout. You will also get feedback from your trainer with advice on the areas where you did well and those where you can improve. A graph depicts the number of calories burned versus the projected number shown before your workout. You can also see how far you have progressed towards your goals if you have a Fitness Profile loaded.

TROPHIES

Trophies are a set of awards that celebrate your achievements and triumphs throughout *EA SPORTS Active More Workouts.* The Trophies can be accessed through your Fitness Profile, where you can see what you've won and what else you can gain.

INFO

Access the Info menu via the main menu at any time to clear up any questions you have about *EA SPORTS Active More Workouts.* You can also access the Important Info menu from the pause menu whenever you're in a workout.

HELP & SETTINGS

SETTINGS

Visit the Help & Settings screen on the main menu, then choose SETTINGS to access each of the following: Workout Settings, Audio Settings, and Create My Playlist.

WORKOUT SETTINGS

Within this screen, you can choose to view all tutorial videos or only new ones, turn the Wii Balance Board ON/OFF, and you can also choose whether you'd like measurements to be done using either the Imperial or Metric Systems.

AUDIO SETTINGS

From this menu, you have access to both audio settings and trainer settings. Under audio settings, you can adjust each of the following: music volume, sound effects volume, and playlist choice. The trainer settings screen allows you to set the trainer's speech volume, trainer feedback, and the frequency of prompts.

CREATE MY PLAYLIST

Create your own playlist so you are only hearing the songs you like! All of the songs are selected by default, so just de-select any songs you want to remove from the playlist. To listen to your created Playlist, select CUSTOM in the Audio Settings. To access your jukebox controls and change songs during a workout, press and hold the **1** Button.

CREDITS

View the credits for *EA SPORTS Active More Workouts*.

TUTORIAL VIDEOS

View the tutorial videos for each exercise and for proper use of the equipment.

FITNESS PROFILE

From the main menu, choose your Fitness Profile, create a new Fitness Profile, and edit existing Fitness Profiles. You can also check up on the trophies you've earned as well as those you still need to achieve.

Wii BALANCE BOARD CHECK

Wii Balance Board Instructions—indicates where to move

In *EA SPORTS Active More Workouts*, some of your workouts can be enhanced, adding mobility to your workouts with the Wii Balance Board. Several exercises support the Wii Balance Board, but not all of them. If you decide to use the Wii Balance Board, visit the Help & Settings screen and select Wii BALANCE BOARD CHECK. This screen helps ensure the Wii Balance Board is connected properly before you begin your workout. You should not be running on or jumping on the Wii Balance Board at anytime during *EA SPORTS Active More Workouts*.

NOTE: The Wii Balance Board is not included with *EA SPORTS Active More Workouts* and is sold separately.

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